

Holiday Reset Sound Journey

If the holiday season feels hectic or your emotions feel heavy, give yourself the gift of a reset. Maybe you're craving relaxation or seeking emotional release—sound healing can help support whatever intention you hold. You deserve this care. And so does someone you love.

- Relax your nervous system
- Ease stress and anxiety
- Feel deeply grounded

WHAT TO BRING:

mat

pillow and/or bolster

blanket

anything to make you cozy

CONTACT

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SAVE THE DATE !

4-5:15 PM

14

DECEMBER

PLAY STUDIOS

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